



our concept is our motto  
"food for living"  
we believe in sustainable, grass  
fed, organic, fresh, free range  
locally sourced produce  
we do not use processed refined  
sugars and we cook with the best  
coconut oil, butter and olive oil

#### TO START

Spicy Calamari salad	R65
Beetroot and stilton salad	R60
Tortilla (sweet potato Spanish omelette)	R65
Cheese and Charcuterie board (for 2)	R120

#### TO FOLLOW

Triple cooked pork belly with sweet potato puree	R130
Minted lamb on a bed of creamed spinach	R130
Chicken breast with herbed and tomato sauce and seasonal veg	R110
Seared Yellowfin tuna with a cucumber and ginger relish	R140
Ribeye steak and sweet potato chips	R150
Stack of chargrilled fresh South African vegetables	R95

#### TO ADD

Sweet potato roasties	R45
Seasonal vegetables	R45
Mixed green salad	R45

#### TO END

Poached pear pudding infused with jalepeño and fresh cream	R65
Cheese board (for 2)	R120